

## ABSTRACT

A therapeutic support pad comprising a pliable and elastic elongate core comprised of a gel filling, a flexible wall member enveloping the core to form a bladder, and an elongate tubular member of polymeric foam covering the wall member. The combination of the tubular member and core is cylindrically shaped and between 24 and 36 inches in length and 2 to 4 inches thick. A covering may be provided for comfort and appeal, and the covering may include an elastic strap for retaining the pad in a folded configuration. The tubular member is less pliable than the core, but still capable of being folded. The pad may be used in an elongate configuration for placement in alignment with the spine for stretching invertebrate discs and the muscular skeletal tissue of the spine for relief of tension or compression thereof.